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NEWS WORTH SHARING.

HAVE PAIN, WILL LIE

IN WHICH THE DANIMAL GETS A LESSON IN SCORING DRUGS AT A HOSPITAL IN SKETCH-VILLE (USA?)

PAGE 14

Surrey murder a record-breaker

Man's death marks all-time high for homicides and spurs mayor to pledge creation of RCMP task force

PAGE 5

As if this story wasn't bad enough already ...

Traces of STD found on library copy of 50 Shades of Grey PAGE 8

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This study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital

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The Spirit of Vancouver Island passes between Galiano and Mayne Islands while travelling from Swartz Bay to Tsawwassen in August 2011. The province announced Monday it would launch a pilot gambling project on BC Ferries' most popular route. DARRYL DYCK/THE CANADIAN PRESS

B.C. eyeing ferry slots

Gambling. Pilot project part of efforts to stem financial losses

Slot machines will soon be coming to select BC Ferries vessels as the provincial government floats the idea of gambling to help drive revenue at a company that's been struggling with cost pressures for the past two decades.

"We're considering the introduction of a pilot project to assess the viability of gaming as a permanent revenue-generating program on major routes between Vancouver Island and the Lower Mainland," said Transportation and Infrastructure Minister Todd Stone at a press conference detailing service cuts and money-making strategies for the ferry operator.

"Gaming revenue would also be used to help reduce the pressure on fares, with net revenues reinvested into the ferry system."

A pilot project will be rolled out on sailings between Swartz Bay and Tsawwassen, the company's busiest route.

"Are we talking about a riverboat casino or something? What is this?" Claire Trevena, NDP MLA for North Island, told Metro in a phone interview following the announcement. "It would be laughable if it wasn't so awful."

Trevena called the move a distraction from the real issue, which she said rests with the 2003 Coastal Ferry Act, under which the province transferred operating and financial control of BC Ferries to an independent authority, thus creating a quasi-private entity, albeit one still dependent on government funding.

"If we can tear that up and start again, we're going to be in a better position," she said.

Trevena, recently back from a tour of Washington State's ferry system, argued rolling the ferry service into the highways portfolio — as our neighbours to the south have done — would yield bigger and more sustainable savings than those resulting from cuts to service.

LUKE BROCKI/FOR METRO

MORE COVERAGE, PAGE 4

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Syphilis rate hits 30-year high: Health authority

Get tested. Last year, 371 cases were reported in B.C., mostly from gay, bisexual men, says VCH health officer

MATT KIELTYKA
matt.kieltyka@metronews.ca

Syphilis rates in Vancouver have reached "epidemic proportions," according to Vancouver Coastal Health.

The health authority (VCH), in partnership with the British Columbia Centre for Disease Control (BCCDC), issued a public warning specifically targeted at gay and bisexual men on Monday, stating that rates of the sexually transmitted disease are the highest they've been in three decades.

"In 2012, 371 cases were reported in B.C., and most of them are gay and bisexual men," said VCH medical health officer Dr. Réka Gustafson in a statement.

Health professionals are urging people in that demographic to get tested for the disease, which is primarily spread through sexual activity.

Syphilis, if untreated, can lead to permanent blindness, hearing loss, deep bone pain and neurological problems.

Severe cases can be fatal, according to the warning.

VCH and the BCCDC recommend that men who are sexually active with other men get tested every three to six months. If a warning isn't enough, VCH hopes a provocative public awareness campaign will get the message out.

Bright yellow posters ask "What's trending in #Vancouver?"

Getting tested for syphilis — with the warning that rates are at a 30-year high — round off the list, which also include rainbow sidewalks, dating apps, neon tank tops and French bulldogs. The ads were created with the help of community agencies such as Positive Living B.C., YouthCO, Qmunity and Health Initiative for Men.

Glen Doupe, an outreach team leader for the B.C. Centre for Disease Control, said people need to get tested regularly because they may have the disease and not know it.

"Syphilis spreads easily through any form of sexual contact, so people also need to be more knowledgeable about safe-sex practices."

B.C. isn't the only province to see a spike in the number of syphilis cases. Statistics show that in 2010 there were more than 1,750 cases in Canada, up from 177 in 1993.

WITH FILES FROM THE CANADIAN PRESS

Quoted

"We know that gay and bisexual men care about their sexual health and when given access to appropriate information, (they) make healthier choices."

Jody Jollimore, program manager for Health Initiative for Men

Vancouver Coastal Health is targeting the gay community with these posters as syphilis rates hit a 30-year high. CONTRIBUTED

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Province slashes BC Ferries sailings, seniors' discounts

'Tough decisions.'
Transportation minister says company needs to find $18.9 million in net savings over the next two years

LUKE BROCKI
vancouver@metronews.ca

In an effort to see BC Ferries chart a course toward the elusive world of profits, the provincial government announced sweeping cuts to the service on Monday, planning to slash nearly 7,000 round-trip sailings on minor routes and cut seniors' discounts starting next year.

B.C. Transportation and Infrastructure Minister Todd Stone told reporters in Victoria the company needs to find $18.9 million in net savings over the next two years to stay below its current price cap.

"There are tough decisions and there will be impacts," said Stone, "with the prime focus of these reductions on lower-use round-trip sailings on the minor routes and on the higher-cost northern routes."

Seniors currently enjoy free passenger fares on major routes on weekdays, but will have to pay 50 percent of the full adult fare starting next April.

Colin Palmer, chair of the Powell River Regional District and leader of the Coastal Regional District Chairs group that represents roughly one million British Columbians, said the announcement would cripple ferry-dependent businesses and is a double slap in the face for seniors living in coastal communities, who will now have to pay more money for fewer services.

"It increases our isolation," Palmer told Metro on the phone from Powell River, a small city 175 kilometres northwest of Vancouver. A trip between the two cities currently takes five hours and involves two ferry crossings. Of the 6,895 sailings to be cut, 1,293 — or 19 percent — will be in and around Powell River. "Business people won't be able to get to Vancouver and back in a day. So they're going to have extra costs. How are they going to absorb that?" said Palmer.

The government has launched another round of community consultations to discuss the service changes, but Palmer said it's too little too late, especially as the review failed to curb fare price increases, which are expected to continue at four per cent per year through 2015.

"They've already decided on the cuts, so now we're going into the operating theatre to say, 'What should we do, shall we take the right leg off or the left one?'" Palmer said.

A ferry leaves the Tsawwassen terminal in July 2007. The province has announced sweeping cuts to BC Ferries. JEFF HODSON/METRO FILE

A ferry too far

"It increases our isolation.... Business people won't be able to get to Vancouver and back in a day. So they're going to have extra costs. How are they going to absorb that?"

Colin Palmer, chair of the Powell River Regional District and leader of the Coastal Regional District Chairs group. Nineteen per cent of the 6,895 sailings to be cut will be in and around Powell River, a small city 175 kilometres northwest of Vancouver.

RICK MERCER REPORT
This week, Rick makes new friends when he helps feed the Pandas at the Toronto Zoo.
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Surrey homicide rate hits an all-time high with latest death

Investigation. Recent killing is the city's 22nd murder this year

MATT KIELTYKA
matt.kieltyka@metronews.ca

Investigators are on the scene of the latest homicide in Surrey Monday after a body was found in the 12000 block of 99 Avenue.

The RCMP's Integrated Homicide Investigation Team confirmed it has taken over the scene after police were called to a residence around 8 a.m. to respond to reports of a disturbance.

Once at the scene, RCMP located a deceased adult male on the property.

IHIT says the means and cause of death are unknown at this time, but the death appears to be suspicious in nature.

The homicide has the unfortunate distinction of being the 22nd in the city this year — setting an all-time high.

The victim has not yet been identified, nor has next-of-kin been notified.

Police say the victim doesn't appear to be a resident at the home.

In a statement Monday evening, Surrey Mayor Dianne Watts pledged to create a task force with the RCMP to address drugs and gangs and other factors that contribute to homicides.

Anyone with information is asked to call the IHIT tipline at 1-877-551-4448 or call Crime Stoppers to remain anonymous.

RCMP officers block off the scene of a homicide in Surrey, in the 12000 block of 99 Avenue, Monday morning. SHANE MACKICHAN/CONTRIBUTED

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Coal terminal won't harm human health: Disputed report

The proposed Fraser Surrey Docks coal export terminal will not significantly harm the environment, low-income citizens or human health, according to a disputed environmental assessment released Monday by the Port of Metro Vancouver.

The review by contractor SNC-Lavalin has been criticized as being too narrow in scope by cities, health officials and activists ever since it was announced in September.

It identifies a number of ways to mitigate the adverse health and environmental effects of coal exports, such as applying water-based dust-suppression agents to the U.S. shipments both en route to and at the facility.

The proposed transfer facility would handle four million metric tonnes of coal annually, transferring it via rail onto barges bound for Texada Island, where it would then be transferred onto ocean vessels bound for foreign markets.

Numerous municipalities, including Vancouver, New Westminster, Surrey and Metro Vancouver have already expressed official concerns about additional coal exports from the region. They're concerned about the health impacts of coal dust, specifically, and the climate-change issues associated with thermal coal, generally.

The latest review acknowledges that climate change is a concern of the public and that coal is a greenhouse gas contributor, but it does not consider these impacts because the proposed project is only a means of transportation.

Last week the chief medical health officers of Vancouver Coastal Health and the Fraser Health Authority wrote a letter to the Port calling a draft copy of the assessment they received "disappointing."

Doctors Patricia Daly and Paul Van Buynder wrote that it gave "much greater consideration to the potential effects of the project on plants, fish and wildlife than to people," and that it "does not meet even the most basic requirements of a health impact assessment."

The Fraser Surrey Docks
EMILY JACKSON/METRO FILE

The SNC-Lavalin report says the Surrey Fraser Docks have been struggling with a decline in business since 2009, and the proposed project would sustain their workforce of 230 full-time employees and add another 25 jobs.

KATE WEBB/METRO
WITH FILES FROM EMILY JACKSON

David Wu. 'Bedroom dentist' to return to B.C.

A man cited for contempt for illegally practicing dentistry is being held in custody in Toronto as authorities prepare to take him back to B.C.

Tung Sheng (David) Wu was sentenced to three months in jail earlier this year after a judge convicted the 62-year-old man of contempt of court for ignoring a 2003 court order to stop practising dentistry without a licence.

Wu didn't show up for that court hearing, so he was convicted in absentia and was the subject of a Canada-wide warrant.

Dubbed the "bedroom dentist," Wu turned himself in to Toronto police over the weekend. In court, he was remanded until Friday, unless authorities arrange to transport him to B.C. before then.

Tung Sheng (David) Wu CONTRIBUTED

Wu spoke little, except to say he hoped to go back and didn't want his picture taken.

The judge explained that's for the courts in B.C. to address. Wu said he did not have a lawyer. THE CANADIAN PRESS

Appeal. Lawyer turned gang informant has jail term more than doubled

A B.C. lawyer who became the "on-call intelligence officer" for a violent gang, feeding them information about police activities, has seen his sentence more than doubled by the province's Appeal Court.

William Mastop was sentenced to one year in jail after he admitted to helping a gang known as the Greeks.

Mastop provided the members with police search warrant documents, helped track down drug runners who had been arrested or who had talked to the police, and even took members of the gang to a local gun club for target practice.

The Crown appealed the one-year term, and on Monday the Appeal Court increased the sentence to two-and-a-half years.

The original trial judge concluded that, because there was no evidence directly connecting Mastop to any particular crime committed by the Greeks, he should receive a lower sentence.

But the Appeal Court said all that mattered was that Mastop knew the information could have been used by the gang.

The Greeks trafficked in cocaine and heroin, and five members were eventually convicted of three murders.

THE CANADIAN PRESS

Reasoning

"The foreseeable consequences of his actions were grave."

Justice Sunni Stromberg-Stein, writing in a unanimous decision

Slash and sell

Evergreen Line sells off firewood

Here's a bit of irony: crews building the Evergreen Line in Coquitlam are selling firewood this weekend, made from trees removed from Pinetree Way to make room for a future station.

All proceeds from the sale will go to SHARE Family & Community Services. A press release states new trees will be planted once the line has been built. LUKE BROCKI/METRO

Dawson Creek

Man hunted down over shooting

Police have arrested a 19-year-old for allegedly shooting another man in Dawson Creek, then fleeing to his home in Fort St. John.

Mounties say they arrived to find the suspect had fled on foot. A police dog tracked him to a nearby farm, from which the man allegedly stole a tractor. Investigators followed the tire marks to a trailer park, where the suspect surrendered. LUKE BROCKI/METRO

Laughing Bean coffee-shop owner Wayne Bertrand serves a customer on Monday, with all the proceeds going to support the Red Cross. KATE WEBB/METRO

Laughing Bean a true benefactor

Charity. Coffee shop donates day's profit to typhoon relief in latest act of philanthropy

KATE WEBB
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Susan Dickinson's morning coffee and scone came with a little something extra on Monday: good karma.

She drove all the way from the North Shore to the Laughing Bean coffee shop on Vancouver's East Hastings Street because she heard it was holding a fundraiser for victims of Typhoon Haiyan.

Owner Wayne Bertrand got the idea last week to donate 100 per cent of the day's profits to the Red Cross — and when Metro arrived mid-day, it was standing room only.

Bertrand, who has raised more than $22,000 following the 2004 Indian Ocean tsunami and 2010 earthquake in Haiti, said he was inspired to act after reading the news.

"Of course I was aware of what was going on in the Philippines, but I guess not completely aware until I started paying a little more attention to the news, doing a little research online and realized just the magnitude of the event," he said.

"I heard here and there, you know, 600,000 displaced (in Manila), 10,000 (feared dead), and I went, 'OK, this is not a normal typhoon.'"

Kind heart

"He's very community oriented and has a very giving spirit. That's why I'm here."

Customer Susan Dickinson, on owner Wayne Bertrand

Four charged in father's decapitation

Fribjon Bjornson CONTRIBUTED

A gruesome discovery in a vacant home on the Nak'azdli First Nation reserve in northern B.C. has led to criminal charges against four people.

The severed head of Fribjon Bjornson, 28, a father of two young children, was found inside the abandoned home near Fort St. James, about 80 kilometres northwest of Prince George.

Some of the charges hint at what may have happened to Bjornson. Jesse Bird and James Charlie are accused of an indignity to human remains.

Wesley Duncan is charged with second-degree murder.

Bird and a woman, 21-year-old Teresa Charlie, have been charged with being an accessory to murder after the fact.

Bjornson disappeared in January 2012. He was last spotted in his hometown of Vanderhoof, about 30 kilometres south of Fort St. James.

During a March 2012 news conference, police said Bjornson had struggled with illegal drug use and may have associated with people who lived a high-risk lifestyle.

On Monday, RCMP Const. Lesley Smith said investigators were helped by residents of Fort St. John, where all the accused live.

"It's due to those hard efforts of those members as well as the co-operation with the community that we've been able to identify these individuals and charge them with this horrific crime."

THE CANADIAN PRESS

Investigation continues

RCMP Const. Lesley Smith says the investigation is still "very active" and that there may be more arrests.

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50 Shades of Gross. Traces of drugs, STDs found on library books

KIERON MONKS
Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.

Why were you doing this test?
We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. $100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?
The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?
Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?
I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them to the Young Conservatives' recruiting table will get $25 gift certificates. THE ASSOCIATED PRESS

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

Ruling upheld

Black not allowed to speak to Order of Canada panel

The Federal Court of Appeal has dismissed an application by Conrad Black to personally address an advisory council weighing whether he should be stripped of the Order of Canada. In a decision Monday, the panel upheld a ruling that denied the former media baron his request to plead his case in person. THE CANADIAN PRESS

Montreal

Mayor aims to eliminate 'erotic' massage parlours

Montreal's mayor wants to get rid of so-called erotic massage parlours that have multiplied throughout the city. Denis Coderre says he plans to introduce a bylaw with hefty fines attached.

Erotic massage parlours often obtain a permit as a legitimate massage business, hiding their true purpose. THE CANADIAN PRESS

Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

At the provincial legislature, Finance Minister Charles Sousa called the "antics" in Toronto distressing but showed little appetite for any intervention. And for the first time, the prime minister's office weighed in, saying the government "does not condone illegal drug use, especially by elected officials while in office." THE CANADIAN PRESS

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose $6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting. This lawsuit is extremely disappointing, but I'm not surprised by his use of legal action." ROBSON FLETCHER/METRO IN CALGARY

Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon. ROBSON FLETCHER/METRO IN CALGARY

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Canadian Red Cross expert sent to handle post-typhoon violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse

MATT KIELTYKA
matt.kieltyka@metronews.ca

Post-disaster violence may worsen the plight of survivors already struggling for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to "expect the unexpected."

Like most Canadians, he's seen images of hardship, destruction and suffering flash across television screens.

Unlike many observers, though, Singh is a Canadian Red Cross violence prevention adviser and he knows that the vulnerable, displaced and sick can also become victims of a second wave of suffering in the form of physical and sexual violence.

"Unfortunately it's a common thing; we've seen this globally after other disasters," Singh said from the Vancouver International Airport on Monday. "In those conditions, people can become victims of physical, sexual and emotional violence."

Singh will be deployed at the Canadian Red Cross field hospital in Ormoc, where he and his team will look for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

"I know there will be a lot of human suffering. We're training to expect the unexpected," he said. "The Red Cross has great training. We're prepared. It's a matter of doing your best with the best that you're given."

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the Southeast Asian country.

Abusing the injured

"We've seen this globally after other disasters"

Gurvinder Singh, violence prevention adviser for the Canadian Red Cross, talking about how violence normally happens in the aftermath of large-scale tragedies.

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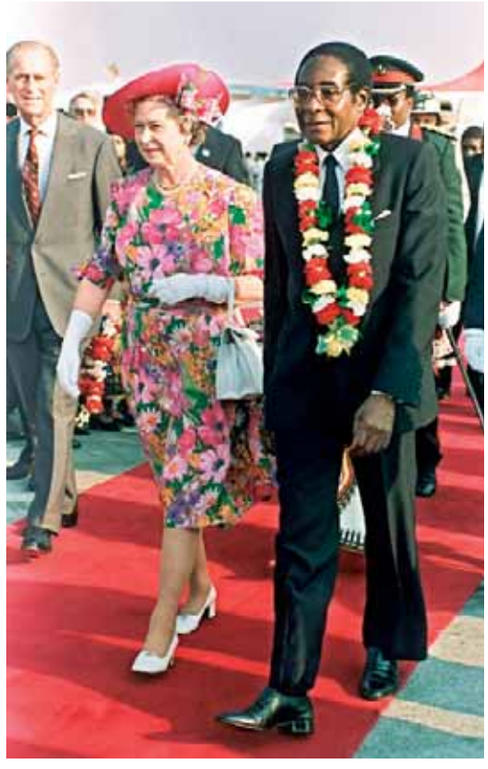

Stylish yes, just not British

Zimbabwe's longtime president Robert Mugabe (seen in a 1991 photo with Queen Elizabeth II), told university graduates earlier this month to disregard his impeccable Western suits and his teacherly use of English: "I am not a colonial product," he said. GILL ALLEN/THE ASSOCIATED PRESS

Environment

Canada named green pariah during UN climate talks

Environment Minister Leona Aglukkaq arrived at a United Nations climate change conference in Warsaw on Monday amid exceedingly low expectations.

A European report released to coincide with the United Nations conference ranks Canada 55th of 58 countries in terms of tackling greenhouse gas emissions, ahead of only Iran, Kazakhstan and Saudi Arabia.

A Washington-based group, the Center for Global Development, issued a separate report Monday ranking Canada dead last on the environment among the world's wealthiest 27 countries.

At home, a new national Environics Institute poll in partnership with the David Suzuki Foundation suggests public confidence in government as the lead actor in addressing climate change has tumbled six percentage points from the 59 per cent recorded a year ago.

THE CANADIAN PRESS

Job Hunting Tip: Book your interviews for after November 30th.

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

San Fran Batkid baddie was actually a Canuck, eh

Villain with a heart. Canadian speaks of 'amazing' day playing the Penguin for Batkid wish

MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batman and leukemia survivor Miles Scott, 5, dressed as Batkid, seen in the inset below, give chase as part of a Make-A-Wish Foundation fulfilment at AT&T Park Friday in San Francisco. RAMIN TALAIE/GETTY IMAGES

Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.
- The day ended with the heartfelt thanks of the mayor and the key to the city.
- There were even special newspapers, with 1,000 copies of the Gotham City Chronicle handed out. It bore the headline "Batkid saves city."
- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

Nutrition. Daycare's lunch policy leaves a bad taste

A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw really came when she read how the daycare had balanced the lunches: her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school-lunch policy.

"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food … so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rossburn, Man., and actually happened to sit on the daycare's board when the letter came home last December.

"I phoned the daycare worker and said, 'You know, potatoes, surely I can get away with this,' and they didn't actually end up charging me the $10."

Bartkiw's story was made public Monday in an online blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases the Canada Food Guide can be too broadly interpreted.

"I would encourage parents to not just blindly follow the Canada Food Guide, but really think about eating more real food and not packaged food."

SHANE GIBSON/METRO IN WINNIPEG

Public debate

Dick Cheney's daughters divided on gay marriage

Liz Cheney, who is running in a Republican primary for a U.S. Senate seat, told Fox News Sunday she disagrees with her sister Mary Cheney, who is married to a woman, over the topic of same-sex marriage.

Mary Cheney responded on Facebook: "You're just wrong."

THE ASSOCIATED PRESS

Church trial

Methodist pastor defends officiating son's same-sex wedding

U.S. pastor Frank Schaefer, 51, who could be defrocked for officiating at his son's same-sex wedding, pleaded not guilty at a church trial Monday to charges he broke his pastoral vows.

He was found guilty by a jury of 13 pastors, who will decide his penalty Tuesday. THE ASSOCIATED PRESS

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Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall, following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion years to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

THE ASSOCIATED PRESS

To Mars with a mission

"(This is) all part of our quest for trying to answer, 'Are we alone in the universe?'"

John Grunsfeld, NASA's science mission director

A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.
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QUINN ROONEY/GETTY IMAGES

Market Minute

DOLLAR
95.86¢ (+0.14¢)

TSX
13,458.06 (-24.50)

OIL
$93.03 US (-81¢)

GOLD
$1,272.30 US (-$15.10)

Natural gas: $3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)

Here's a new one...

Watchdog puzzled by government underspending

Canada's budget watchdog is asking MPs to get to the bottom of why the Harper government is spending billions less than it budgets for, or Parliament authorizes.

The Parliamentary Budget Officer says in a report that the government has been unable to, or not spent, about $10 billion — $700 per household on average — that the House of Commons has approved in each of the past three years.

The issue arises again, the PBO says, because the government is asking for an additional $5.4 billion to spend in the latest supplementary estimates and — given the record — it is unclear whether all, or any of it, is required.

THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass ...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON

THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danimal was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me $19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

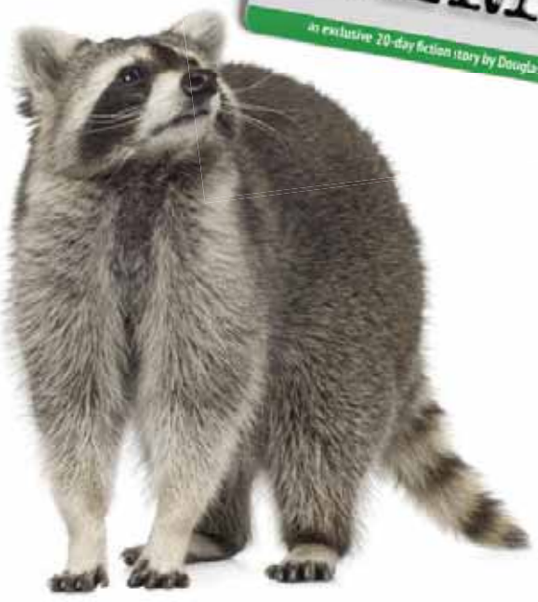
"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me in the sternum."

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."



"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."

Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...

Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM

Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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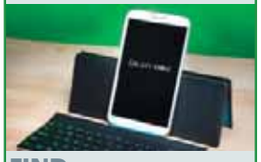

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TARGET MARKETING MISSES THE MARK

SHE SAYS

Jessica Napier
metronews.ca

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest $10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for $25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popular culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, Technicolor outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Scenic landscape or wavy ocean?

ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection

ROB ETZEL
Software professional and photographer, from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Oceanhorn protagonist
CONTRIBUTED

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.
Jeremy Gauthier, Hamilton, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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DVD review

The World's End

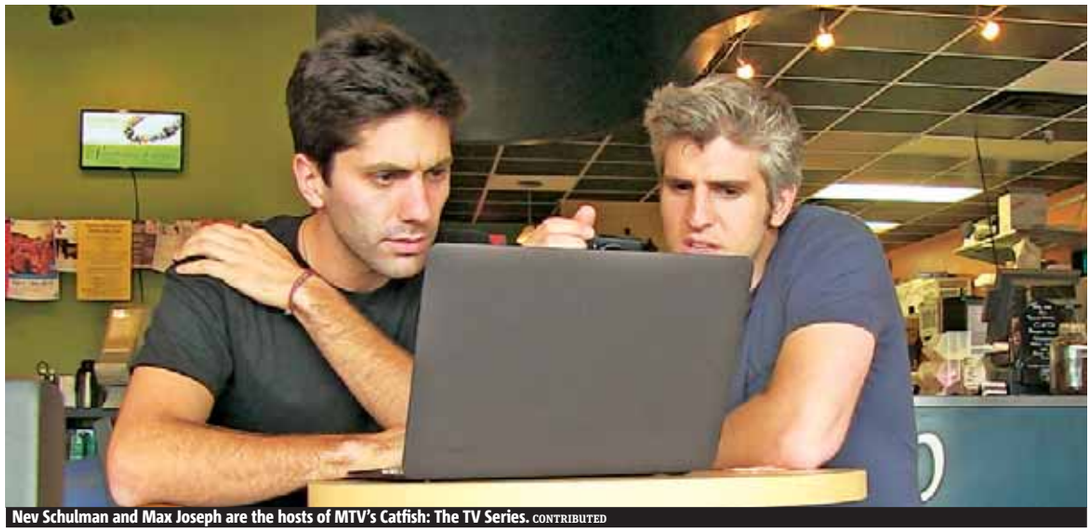
Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

●●●●○

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

Love, lies and online spies

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO
Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona -— reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online.

The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL linebacker Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems farfetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one.

The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be.

It's very easy to do that online.

Bro love

OK, now the real question everyone wants to know. What's up with the bromance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

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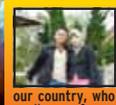

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Triumph of the will of the human spirit

The Book Thief. Story of life in a German town during the Third Reich highlights the heart in humanity during a dark time

LIZ BROWN
liz.brown@metronews.ca

In the 40-plus years that Geoffrey Rush has been acting, he's made some interesting role choices.

Some of the wilder roles include his Academy-Award winning turn as pianist David Helfgott in 1996's Shine; Captain Barbossa in the Pirates of the Caribbean franchise and in 2011, a stint as Lady Bracknell in the Melbourne Theatre Company's production of The Importance of Being Earnest.

"My CV's got a lot of people who are elaborate and flamboyant," he admits during an interview at Toronto's Trump Hotel earlier this month.

So Rush's latest role is a bit of a change from the norm for him — in that on the surface, it's an all-together normal character.

In The Book Thief, Rush plays Hans, a small-town German house painter who, together with his wife Rosa, takes in a foster daughter during the reign of the Third Reich.

"He's so seemingly ordinary, the town is ordinary, there's not pretensions to it," says Rush of Hans and his day-to-day life.

"But he's also a political maverick in a kind of way," he says, referring to instances where Hans quietly makes his own acts of defiance against the Fuehrer — he hides a Jewish family friend in his cellar and helps his foster daughter, Liesel, rescue a book from the flames of a town book burning.

The Book Thief, based on the bestselling novel by Markus Zusak, follows the story of Liesel, a young girl who finds herself without a family on the eve of the Second World War.

She's sent to live with foster parents in a small town, where she strikes a strong bond (over books) with her foster father Hans. He teaches her to read and tries to shelter her from the horrors going on around them.

The Book Thief, starring Geoffrey Rush and Sophie Nélisse, opens Friday. CONTRIBUTED

"I like that he had an emotional intelligence that could deal with a grief-stricken, illiterate girl with human warmth and love. It awakened something in him that made him a better person," Rush says of Hans.

Teen French-Canadian actress Sophie Nélisse, who plays Liesel in the film, admits that before landing this role she didn't know too many details about life in Germany during the Second World War. She said she had to do plenty of research through watching films like Schindler's List and reading books like Hana's Suitcase.

"I just tried to imagine what a girl my age would do in these circumstances," she says.

And at its core, that's what The Book Thief is about — ordinary people trying to cope in extraordinary circumstances.

The film's director, Brian Percival, best known for his work on Downton Abbey, says the film's focus is about relationships and people rather than the history surrounding the story.

"I wouldn't put it in the Second World War or Holocaust category," he says. "It's a film about the strength of the human spirit and what words can do and how they can change people's lives."

"I hope if younger generations watch it and don't really know what went on during that time, that after they will go and find out. That's a big plus for us," he adds.

Quoted

"It's a film about the strength of the human spirit and what words can do and how they can change people's lives."

The Book Thief director Brian Percival

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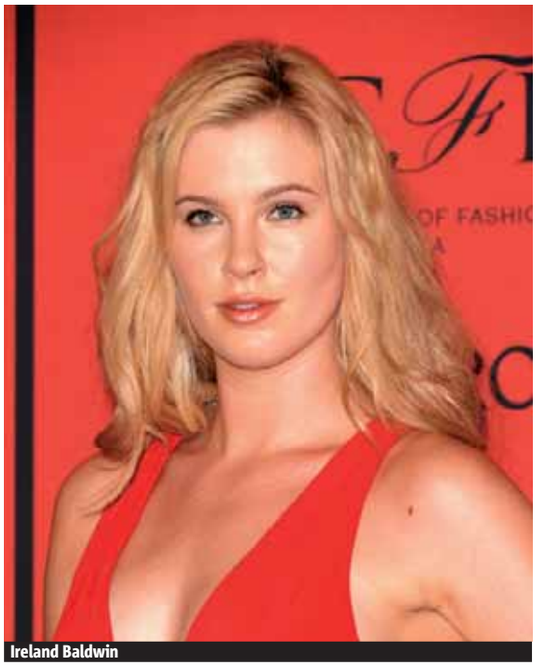

Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

Mouth on the mend with a little help from a friend

Zac Efron is on the road to recovery after breaking his jaw, but it is not an easy one. "I have been at his house every day and I have been making him soup. He has been drinking it through a straw. He has to eat through a straw on a syringe. It's horrible," director Adam Shankman says of Efron, who had his jaw wired shut following a slip and fall at his L.A. home that resulted in his broken jaw. "He's like my little brother, has been since Hairspray, so I talk to him like a little brother, which means I give him a lot of s—."

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?
And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other. So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.
Hate, love and sensuality.

Reviews have been a bit harsh.
The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?
Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.

Nick Cannon

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.

Twitter

@ActuallyNPH
Just heard I'm in last place in the People's Choice Awards, behind Michael Chiklis on The Shield.

@RebelWilson
and in further good news today, I found a pair of track pants that are fancy enough to wear outside but still feel like pajamas

@pattonoswalt
This Friday is the 50th anniversary of the deaths of JFK, Aldous Huxley & C.S. Lewis, all of whom died inside an 8 hour span of time.

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Trading twirls for leg lifts

Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA McGUINNESS
wellness@metronews.ca

A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in Black Swan. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft Punk and Pharell's Get Lucky is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

The workout incorporates a number of different styles. CONTRIBUTED

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of calories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

Best Health

Crazy about these nuts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of Best Health, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts
These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts
They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds
An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios
One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts
They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts
Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

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You are what you eat

Medical advice.
New information on diabetes shows a healthy diet can prevent the disease

VIRGINIA PELLEY
Metro World News

One of the best ways to prevent Type 2 diabetes? Eat like a diabetic. That advice might sound counter intuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 per cent higher mortality rate than non diabetics, so they will see even greater benefits from maintaining a healthy diet.

Maintaining a healthy diet can help those with Type 2 diabetes. ISTOCK PHOTOS

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic and won't make people feel deprived."

The majority of people with diabetes, a metabolic disorder, have Type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

No need to be drastic

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside."
Dr. Bob Cuddihy
Head of Diabetes Medical for Sanofi U.S.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for Type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of Type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, family history, a sedentary lifestyle and your race and ethnicity.

1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).

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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

Savoury Butternut Squash Tart

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

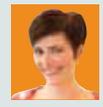
5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. **THE ASSOCIATED PRESS**

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

Health Solutions

Elk vs. deer



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat. They are, indeed, different breeds but are culinarily and nutritionally similar.

- Both are farmed and mostly grass fed.
- Elk is more widely available in pepperette and burger form.
- Both are much more lean than beef.
- Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast. Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM**

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Embracing the $200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls

MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than $100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After Dentist blog.

Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Charlie Bit My Finger has earned close to $200,000 US. YOUTUBE

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to $200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake
The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.

Encourage your kids to get behind the camera
Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for $30 million US.

But still treat them like kids
D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation
Would you like someone putting up a video of you pooping your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact him then? We still don't know," she says.

A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than $100,000 US in ad revenue. GETTY IMAGES

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."

Taking care of business — part time

Temporary often becomes full time.
Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
life@metronews.ca

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers
For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

"A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation
"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way
Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up
Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary employee because it could be very temporary that they're temporary," explains Roger.

It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

Long-term conversion potential
Many temps do what they do because they are trying to get their foot in the door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

WagJag Festive Favourites

Watch as we un-wrap a few of our favourite things for the holidays.

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MAKE YOUR CREDIT CARD WORK FOR YOU

HOW TO INCREASE YOUR FINANCIAL WELL-BEING

Factors that influence your credit score
Payment history 35%
Amount of oustanding debt 30%
Length of credit history 15%
New credit 10%
Types of credit used 10%

With an increasing shift towards plastic payments, credit cards often get a bad rap. On their own, they aren't necessarily a bad thing — it's how people use their credit cards that sometimes gets them into trouble," says Mohamed Ladak, vice-president, payment solutions and member services centre at Vancity credit union.

Ladak says a credit card can be a powerful financial tool.

"Knowing how to use your card wisely can actually increase your long-term financial well-being and help you build a solid credit history and credit score."

Your credit score, sometimes referred to as a beacon or FICO score, is a summary of your credit history. It plays a major role in how much money lenders will lend you, and how much interest they will charge. A good credit score can help save you money for the rest of your life.

How can my credit card help? Here are some tips from Vancity.

Stay in control of your spending. Your level of indebtedness makes up about 30 per cent of your credit score. Regularly maintaining a balance that is more than 50 per cent of your credit limit could negatively impact your credit score.

Understand the difference between needs and wants and don't spend more than you earn. Just because you have a $10,000 credit limit, doesn't mean you should spend it all, especially if it will be difficult to pay off.

Pay on time, in full, every month. Obvious, right? But we have almost all had a moment when we have forgotten to pay our credit card bill on time, or accidentally paid the wrong account or amount. If you can't pay the full amount, pay as much as you can. Your payment history makes up about 35 per cent of your credit score, so missing a payment too often could make a serious impact.

One way to make sure you never miss a payment is to set up an auto-pay, which ensures your bill is paid automatically, directly from your chequing account. No more worrying or having to remember to make your payment on time, all while building a solid payment history.

Keep your credit card applications to a minimum. Credit agencies monitor the ways you use credit, including how often you apply for it and how much you have available. Applying for too many credit cards in a short time may hurt your ability to secure new credit.

Check your credit report regularly. Your credit report is the document that contains your credit history and credit score. It is not uncommon to find a mistake on your credit report, so it's important to review it every year. Find an error? Contact the credit agency to have it corrected. Don't let incorrect information impact your financial well-being.

Practise these tips and it will be easy to make your credit card work for you.

GETTING THE MOST OUT OF YOUR CREDIT CARD

In today's world, it's almost impossible to get by without a credit card. Booking a flight or hotel room for an upcoming vacation? You need a credit card. Making an online purchase? Pull out your credit card.

"Used strategically, your credit card can help increase your financial well-being," says Nita Powers, director of payment solutions at Vancity credit union.

Here's how.

REWARD YOURSELF

Many credit cards, like the Vancity enviro Visa card, allow you to collect points on everyday purchases that you can redeem for travel rewards, merchandise, cash back or other financial rewards.

Kelly Tokiwa, a Vancity enviro Visa cardholder, has been using her enviro Gold card to book travel for years. "The rewards program has enabled us to do some wonderful travelling."

TAKE ADVANTAGE OF CONSUMER PROTECTIONS

"Many people don't know this, but credit cards often have additional insurance coverage built in," Powers says. Vancity enviro Visa cards offer extended manufacturer's warranties, price protection and purchase security insurance.

Certain cards also come with extended travel insurances, including delayed or lost baggage insurance and travel accident insurance.

CONTRIBUTED

CONSIDER A LOW RATE CARD

If you regularly carry a balance, consider switching to a credit card with a low rate and reduce the amount you pay in interest. Vancity offers an 11.25 per cent low-interest rate on many of its enviro Visa card products.

Discover more ways to feel good about credit by visiting vancity.com/5steps.

Feel good about your credit card.

Take 5 steps toward credit card happiness.
Visit vancity.com/5steps

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FLEXIBILITY AND CHOICE ARE YOURS

THE RBC VISA INFINITE AVION LOYALTY CARD

There's nothing more frustrating than having travel plans go awry because your particular points card limits you to certain airlines.

A recent survey by Rewards Canada ranked the RBC Visa Infinite Avion card as the top travel rewards card in the hybrid credit/charge card (with annual fee) category — and airline choice is one of the benefits that RBC Avioners enjoy.

"These survey results come at a time when people are looking for guidance on choosing the right card," says Patrick Sojka at RewardsCanada.ca.

Here are the card benefits that make the difference:

GPOINTSTUDIO/SHUTTERSTOCK

1 You choose the airline. Cardholders can choose to redeem points and fly with any one of more than 130 airlines.

2 Fly when you want to. Using this card, you can buy any seat on any airline at any time — no restrictions, no blackout dates, and no fluctuating point values.

3 You decide the travel-related expense for which you use your points. Cardholders decide what they use points to pay for — that can be the tickets, airline taxes, hotels, cars, vacation packages, etc.

4 It's accommodating. Avioners can use their points to book rooms at more than 50,000 hotel properties around the world.

5 Free insurance. The RBC Infinite Avion card comes with premium insurance protection including trip cancellation and trip interruption when using your card to purchase travel, merchandise, hotels and vehicle rentals. That equates to peace of mind for cardholders.

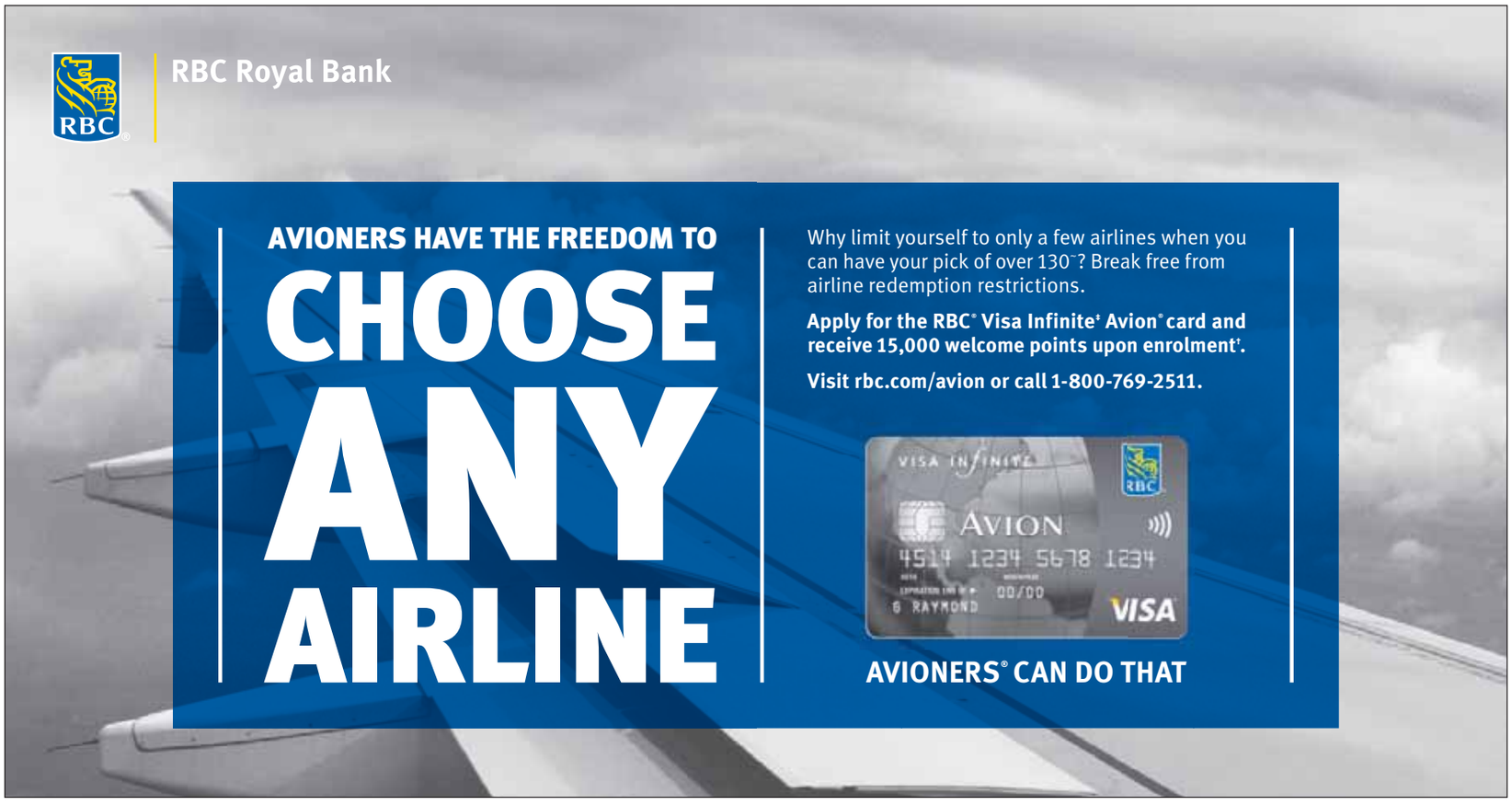
6 It's simple. MLM and Maritz Research Canada's 2013 Loyalty Report showed the card is tops in ease of tracking points, enrolment, understanding the program process, and program website. For example, you simply earn one RBC Rewards point for every $1 you charge to the card.

7 Cardholders love it. The report also showed the RBC Visa Infinite Avion was No. 1 in overall satisfaction.

8 Flexibility with points. Cardholders can convert rewards points to other popular loyalty programs such as WestJet dollars, take advantage of points accelerators like 25 per cent more on travel-related purchases, or redeem points for non-travel rewards such as merchandise or RBC Financial Rewards vouchers.

9 Sign-up bonus. New cardholders receive a sign-up bonus of 15,000 points.

For more, visit rbc.com/avion.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® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s). ~ Subject to availability. † To receive the 15,000 bonus RBC Rewards points which will appear on your first statement, your application form must be received by February 28, 2014 and approved by us. Additional cardholders, as well as cardholder(s) with existing RBC Royal Bank travel rewards credit cards, applying for or transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. **This offer may not be combined or used in conjunction with another offer. For complete terms, conditions and restrictions that apply to the RBC Rewards program, visit: rbcrewards.com or call 1-800-769-2512.**

COLOURBOX

CARD SOARS ABOVE THE REST

WESTJET RBC WORLD ELITE MASTERCARD

Looking for a travel rewards card?

The WestJet RBC World Elite MasterCard has come out on top in two consumer reviews.

MoneySense's top travel reward cards for 2013 is a review and ranking of more than 200 credit cards based on sign-up bonuses, fees, and other perks specific to the travel category. The WestJet RBC World Elite MasterCard was rated No. 1.

The card was also voted the top airline credit card by the Canadian public on RewardsCanada.ca, a popular online resource for travel rewards.

Top features of the card include a welcome bonus of $250 WestJet dollars for new cardholders. Also, cardholders get an annual round-trip companion flight in Canada and the continental U.S. (excluding Hawaii and Puerto Rico) for $99 (plus taxes, fees and charges).

"Our top rankings are a testament to the hard work WestJet and RBC have done to provide Canadians with a travel rewards card that is easy and simple to use ... to both earn and redeem WestJet dollars," says Prashant Sharma, vice-president, retail credit cards at RBC. "It's all about transparency, convenience and value, no matter where, when, or how you want to travel with WestJet."

For every purchase they make, cardholders earn WestJet dollars, which can be redeemed for any amount, to anywhere WestJet flies, at any time.

One way to build your WestJet dollars faster is to consolidate your spending on the card. Also, using the credit card for small daily transactions such as coffee, groceries and gas adds up.

At the same time, Sharma recommends that cardholders pay off their monthly balance to maintain good financial health.

FEATURES

WestJet RBC World Elite MasterCard features:

- Welcome bonus of $250 WestJet dollars.
- Annual $99 round-trip companion flight (plus taxes, fees and charges) to any WestJet destination in Canada or the continental U.S. (excluding Hawaii and Puerto Rico).
- Comprehensive insurance coverage (travel, auto rental, medical and burglary).
- $1 WestJet dollar equals $1 CAD when redeemed for travel with WestJet or WestJet Vacations.
- Redeem WestJet dollars for more than 85 WestJet destinations in Canada, the U.S., Mexico or the Caribbean.
- No travel restrictions.
- Earn 1.5 per cent in WestJet dollars for every $1 spent on the card (two per cent for every $1 spent on the card for WestJet flights or vacation packages).

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TRAVEL REWARDS CARD BY MoneySense

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With the WestJet RBC World Elite MasterCard you earn WestJet dollars* on every purchase.~ WestJet dollars are worth the same as a Canadian dollar towards travel with WestJet.* And the best part is you can redeem any amount, to anywhere we fly, anytime. You will also receive a yearly $99 (plus taxes, fees and charges) round-trip companion flight to anywhere in Canada or the continental U.S.^ Finally a rewards card that makes travel easy.

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FREEDOM TO FLY WHERE YOU WANT

AVENTURA REWARDS YOUR PURCHASES

Savvy Canadian travellers and shoppers are always on the lookout for premium credit cards that offer reward points for their purchases — after all, who doesn't like a little buying power bonus of some kind? With CIBC's Aventura credit card, travellers can earn premium travel rewards, including a Welcome Bonus.

If you get an Aventura credit card before Dec. 31 and you have a minimum of three purchases posted to your card's account by Jan. 31, 2014, you will receive up to 30,000 bonus Aventura Points. With that amount, you could book a round trip right away from, for example, Toronto to Fort Lauderdale or from Calgary to Phoenix.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

The revamped card's new travel rewards features also mean you can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points.

Other enhancements include new trip cancellation, medical and trip interruption insurance, plus free 24/7 access to CIBC Visa Infinite Personal Concierge Service. You will also be eligible for car rental discounts of up to 25 per cent at participating Avis and Budget locations. If you need a cash advance, you can get up to $1,000 per day.

CIBC is offering this travel rewards program to give Canadians the freedom to fly where they want, when they want.

CIBC's new Aventura program was built on the input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the new Aventura with their wish list in mind.

EARN MORE POINTS FASTER WITH AVENTURA

To create its revamped Aventura credit card, CIBC did its research and asked Canadians what they wanted in a travel rewards program. Among the findings, one important need stood out — clients wanted the ability to earn more points for their spending and earn them faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. Who doesn't like earning extra points for everyday purchases they would have made anyway?

The research also showed that Canadians wanted the flexibility in knowing that they could access every seat on any airline. What's more, they didn't want any blackout periods or points expiry, and they wanted to be able to use points toward taxes and fees.

Canadian travel reward cardholders viewed CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, anytime.

CIBC's Aventura program also has no blackouts and no points expiry, and you can use your available Aventura Points to cover everything, including taxes and fees.

CONTRIBUTED

With Aventura there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

If you prefer, you can use a combination of cash and points to pay for your travel. To get you started, you will receive a special activation bonus of up to 30,000 Aventura Points.

CIBC listened to what clients wanted and compared an improved CIBC Aventura program against existing programs. The research shows that the enhanced CIBC Aventura program provides great value to Canadians on the attributes that are important to them.

PEACE OF MIND

A CIBC poll conducted by Harris/Decima reveals that 36 per cent of Canadians worry about getting sick or injured while on vacation, 18 per cent are concerned about losing their money or credit cards, and 12 per cent fret about overspending.

It's important that your dream vacation is protected with the proper insurance coverage. For peace of mind, the Aventura Visa Infinite Card offers the following features, among others:

- Out-of-province emergency travel medical insurance for you, your spouse and your dependent children of up to $5 million per person, per trip. If you are 64 or younger, coverage is provided for the first 15 consecutive days of your trip; those 65 and older are covered for the first three days.
- Coverage for flight delays, missed connections and lost or stolen checked baggage.
- Trip cancellation/interruption insurance covers losses arising from sudden and unforeseeable circumstances, such as an accident, an injury or sickness.

Join now and earn up to 30,000 Aventura Points.[1]

The new CIBC Aventura® Travel Rewards Program. So good even penguins can fly™.

With flights for as little as 10,000 points, you'll be flying in no time.[3] But hurry! You need to get a new card by December 31, 2013, to receive the bonus points.

CIBC

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1] Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2013; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2] Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. [3] Redemption at this Aventura Point level available starting January 1, 2014. Available with CIBC Aventura Visa Infinite™ card, CIBC Aventura Gold® Visa™ card and Aventura Visa For Business card. Flight availability at this point level depends on ticket prices set by airlines and will not be available to all destinations from all departure points and times. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

metro
LEARNING CURVE
Tuesday, November 19, 2013

PRESSMASTER/COLOURBOX

Internships can open doors for students

With almost three-quarters (73 per cent) of recent post-secondary graduates surveyed saying a lack of experience is a barrier to securing their first job, RBC announced the RBC Career Launch Program, a multi-year investment in providing recent college and university graduates with career experience to help strengthen their future employability.

The RBC Career Launch Program — a one-year internship for recent college and university graduates ages 24 and younger — combines formal learning, mentorship and professional networking opportunities with practical hands-on business and community experience that will equip participants with the necessary ingredients to help them build their resumé and launch their career.

"Starting your career with a degree or diploma in hand, but without experience, is like trying to unlock a door with a key that doesn't fit," says Zabeen Hirji, chief human resources officer, RBC. "This program is designed to equip youth with the critical workplace skills and practical hands-on experience employers are looking for. In addition, it fosters the growth and guidance they need through learning, mentorship and networking that prepares them for this new stage of life."

The national survey of recent college and university graduates, commissioned by RBC and conducted by Ipsos Reid, revealed that among those who graduated within the last year, 40 per cent are still looking for a job.

In addition, almost half (44 per cent) of youth who graduated in the past five years who have found jobs do not consider the jobs to be a career. This reinforces the importance of providing recent graduates with opportunities to gain the skills and experience needed to bridge the gap between school and career-life. The survey also found that nearly half (48 per cent) of recent Canadian graduates say applicable job experience helped them start their career.

"Many students struggle to demonstrate their potential value to employers after graduating from university or college," says Lauren Friese, the founder of TalentEgg.ca, Canada's leading job site and online career resource for students and recent graduates. "Recent grads can't get a job without experience and they can't get experience without a job."

For more information, visit rbc.com/careerlaunch.

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Athabasca University

Native Education College teaches Aboriginal culture

Visitors from around the world flock to Canada each year to take in the sights and culture this country has to offer.

One of the biggest draws for many tourists is the Aboriginal culture and its rich history.

"Aboriginal cultures are a major selling point for visitors to Canada — people from around the world are intrigued by Aboriginal art, crafts, practices, traditions, teachings, and history," says Nadina Dodd, spokesperson for Native Education College. "It is also appealing because it supports First Nations in Canada, educates others regarding indigenous ways, and improves cultural and historical awareness."

Native Education College offers two programs to train individuals to enter the field of Aboriginal tourism.

Both the Aboriginal tourism operations certificate and management diploma programs are taught from an Aboriginal cultural perspective and provide students with the opportunity to learn about culture, ecology, and adventure, as well as business.

Each semester, students get to apply what they are learning through field experiences and networking within the tourism industry.

They will also get to experience some Aboriginal tourism first-hand through field trips to destination such as Takaya Tours (canoeing), Klahowya Village in Stanley Park, Museum of Anthropology, Capilano Salmon Hatchery and Dam, and more.

For more information about the NEC Aboriginal Tourism programs available, visit necvancouver.org/programs/aboriginal-tourism.

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METRO CUSTOM PUBLISHING
BRIGHTON COLLEGE

CONSIDER ACCOUNTING

As an accountant, it doesn't matter whether you want to work for business, government, not-for-profits, public institutions or foreign clients — you will find your opportunity. And the industry is growing: In 2011, the Canadian accounting services industry's operating revenue totalled $14.1 billion, a nearly three per cent increase over the year before.

If you are a detail-oriented student who enjoys working with numbers and in a field with strong financial prospects, it's time to consider a career in accounting. And Brighton College can put you on that path.

As a Canadian Payroll Association (CPA) certified partner, Brighton College offers two quality programs in accounting. Its 32-week computerized accounting and office diploma program provides students with the skills necessary to understand and apply the principles of accounting for proprietorships, partnerships and corporations in a computerized office environment. It includes a four-week practicum, to be completed at a small or mid-sized firm in the Lower Mainland.

The 15-week accounting and payroll administrator certificate program trains students to serve as payroll administrators in that same environment. There is also a four-week practicum option for this certificate as well.

The next intake for the 15-week certificate program begins Dec. 2. Classes will take place in the evening. For more, call 604-901-5121 or visit brightoncollege.com.

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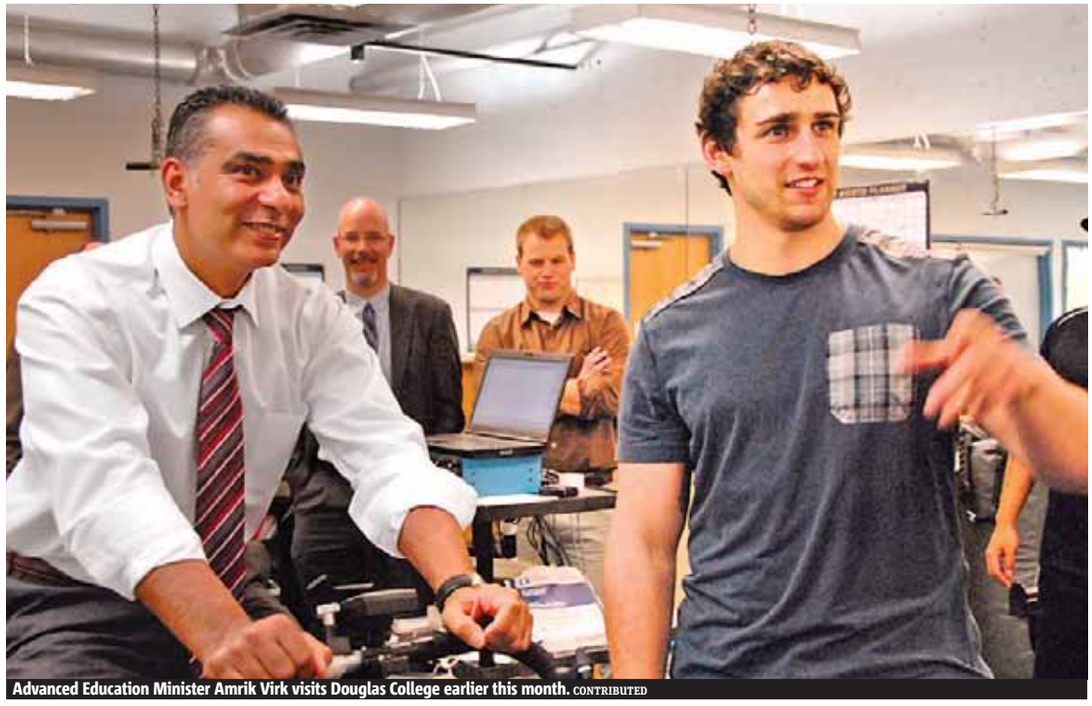
Minister visits Douglas College

DANIEL HENDRIKSEN
For Metro


Advanced Education Minister Amrik Virk visits Douglas College earlier this month. CONTRIBUTED

Douglas College sport science lab students received a visit from Advanced Education Minister Amrik Virk earlier this month. Virk was on hand learning about Douglas' numerous applied degree programs.

Amidst a tour of Douglas' New Westminster campus, Virk had a chance to experience electromyography testing with students.

"It's always great to be able to connect directly with students, staff and faculty," Virk said in a media release. "Douglas College is contributing to the needs of our economy as well as preparing well-educated, job-ready workers through its accessible and high-quality programs."

Virk's visit to Douglas was a timely one since Douglas' new bachelor's degree in applied psychology, which the Virk recently approved, gets underway with its first intake in January. Some of the college's students took the opportunity to personally thank Virk.

"It's fantastic that Douglas College now has an applied psychology degree program for people like me who want to move right into a job after I graduate," said student Justin Thorley. "I know I want to work in corrections, helping people with mental illness in prison. For me, an applied degree is the way to go."

"Douglas has such great, hands-on faculty," said criminology student Wendy Carstairs. "They have unsurpassed knowledge in their fields. The connections I've made are unbelievable. I can't wait to apply everything that I've learned and get started in my career."

The number of applied degree programs at Douglas continues to grow. The post-secondary institution offers 10 degrees in applied areas, as well as 10 post-degree diplomas for students who have an academic bachelor's degree, but are looking for more specific knowledge and skills with an applied focus. The school also has several undergraduate diploma programs and hundreds of university-transfer courses.

"With our applied focus we're able to give students unique options with in-demand, job-ready credentials," Douglas College president Scott McAlpine said. "We're doing everything we can to help bridge the looming education gap in B.C. We're growing and evolving to meet student and employer needs."

For more information, visit douglascollege.ca.

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UBC grad scores big on Dragon's Den

DANIEL HENDRIKSEN
For Metro

Dustin Sproat and co-developer Kamil Sikorski designed an app to connect pro hockey players and fans. CONTRIBUTED

It's not very often that entrepreneurs who take their inventions to CBC's Dragon's Den get support from more than one of the show's Dragons.

It's much more rare for someone to impress all five, but that's exactly what University of British Columbia (UBC) grad Dustin Sproat did.

Sproat, who was featured on a recent episode of the hit show, pitched his hockey-themed social networking app Shnarped to the Dragons and came away with a combined investment of $250,000. Sproat was more than thrilled with the success he had on the show.

"It's a phenomenal result," he said in a press release. "It only happens with one per cent of the pitches on the show. It means we're going to have a good buzz around our product from a number of influential people."

The app is designed to connect professional hockey players and fans, and currently features more than 300 active pro hockey players, including Jonathan Toews and Andrew Shaw of the Chicago Blackhawks, Matt Moulson of the Buffalo Sabres and Brendan Gallagher of the Montreal Canadiens.

Shnarped's popularity is growing in the hockey community since it allows fans to follow their favourite players through statistics, news and highlights. One of the most popular features on the app is called "the pound," which allows fans to send players a virtual fist-bump in real time.

Soon, the Shnarped will also feature players from the National Collegiate Athletic Association (NCAA). Sproat is an ex-collegiate player who attended Princeton University on a hockey scholarship before playing three years in the East Coast Hockey League, where he won the league championship with the Cincinnati Cyclones.

Sproat and co-developer Kamil Sikorski developed the app during their time at The Sauder School of Business' Robert H. Lee Graduate School. They graduated from the 16-month program this past May.

Sproat said everyone from Sauder, both classmates and professors, who helped along the way made Shnarped what it is today.

"I can't say enough about the experience, everyone has been amazing and so generous with their time and ideas," he said.

To see the episode of Dragon's Den that Sproat and Shnarped are featured on, check out cbc.ca/dragonsden/episodes/season-8/episode-5-season-8.

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Partnership. BCIT, Selkirk sign MOU

A memorandum of understanding (MOU) was recently signed between the British Columbia Institute of Technology (BCIT) and Selkirk College.

The two post-secondary institutions are hoping the agreement will better student experience at both schools by aiding students with hands-on application of their skills and knowledge. The MOU will provide local education and training opportunities for high-demand occupations. It also includes applied research initiatives that will support local business and industry, providing valuable real-world experiences for students in a number of programs.

With this new partnership, BCIT and Selkirk are able to take a collaborative approach in the effort to achieve goals in a fiscally responsible manner by identifying the strengths of current research and development activities.

Selkirk College, based out of the West Kootenay/Boundary region of southern British Columbia, is the province's oldest community college. It has an enrolment of 2,300 full-time students and more than 10,000 part-time students. The school's main campus is located in Castlegar, with four more locations in the Kootenays (three in Nelson and one in Trail.) Selkirk also has learning centres in Nakusp, Kaslo and Grand Forks.

To learn more about Selkirk College, visit selkirk.ca.

DANIEL HENDRIKSEN

Langara College journalism grad Simi Sara, host of The Simi Sara Show on CKNW, won the The City Mike Award, recognizing B.C.'s commentator of the year, at the recent Jack Webster Foundation Awards. CONTRIBUTED

Langara grad wins award

DANIEL HENDRIKSEN
For Metro

Langara College alumni were some of the big winners as the 2013 Jack Webster Foundation Awards at the Westin Bayshore in Vancouver. The event took place at the end of October, celebrating excellence in journalism in British Columbia.

The City Mike Award, recognizing B.C.'s commentator of the year, went to Simi Sara, host of The Simi Sara Show on CKNW. Sara graduated from Langara's journalism program in 1993. She is also the recent recipient of the school's outstanding alumni award.

Four more Langara grads were part of victorious newsroom teams that took home "Webbys." Glen Korstrom and Jennifer St. Dennis, with Business in Vancouver, won for their coverage of business issues in the May provincial election. Mike Hager, with the Vancouver Sun, won for his coverage of the Amanda Todd story, and Gordon Hoekstra, also with the Vancouver Sun, won in the digital excellence category for his coverage of political contributions and lobbyists.

Frances Bula, Langara journalism department chair, spoke about what the awards mean to Langara and its journalism program.

"It is deeply satisfying to see so many generations of Langara journalism graduates be rewarded for their contributions to the field and to see our next generation encouraged as they take up the flag in this important profession," Bula said in a media release.

It wasn't just Langara's alumni winning awards at the Bayshore, however. Current student Andrea Anthony took home a Jack Webster student journalism award. Enrolled in the eight-month certificate program, Anthony is one of just five students to receive a $2,000 scholarship.

"I am so grateful for the Jack Webster student journalism award and for the chance to meet many well-established journalists," Anthony said. "The Websters were an inspirational night of celebrating journalism with B.C.'s best journalists."

The Webster awards are named after Jack Webster, one of B.C.'s best-known journalists, who enjoyed a career that spanned more than 40 years of insightful, accurate and uncompromising reporting in print, radio and television. The foundation was established in 1986 to recognize and encourage excellence in journalism.

For more information on the awards, check out jackwebster.com. To learn more about the Langara College Journalism Department, visit langara.bc.ca.

JIBC, CPC join forces

The Justice Institute of British Columbia (JIBC) recently signed a memorandum of understanding with the Canadian Police College (CPC). The goal of the new partnership is to support educational needs of the Canadian policing community.

Dr. Michel Tarko, president of JIBC, and Cal Corley, director general, assistant commissioner of the Canadian Police College, spoke about the new agreement between their institutions.

"We're building a very productive relationship with Canadian Police College," Tarko said in a media release. "JIBC has a wealth of experience that comes from being B.C.'s centre of municipal police training since 1978. CPC is a recognized national leader in advanced and specialized training and executive development of the Canadian police community. By sharing that expertise with each other, we'll be better able to support the evolving educational needs of the policing community across Canada. Ultimately, this is about continuous improvement in the education and training that is so essential for ensuring that communities are safe and secure."

"The police operating environment is increasingly complex in terms of operations, administration, and governance," Corley said in a media release. "At the same time, governments and communities are demanding greater responsiveness and accountability from their police services. The police and the police leaders of the future need an amplified set of advanced skills, competencies and knowledge. Increased collaboration between Canadian Police College and Justice Institute of British Columbia will help both institutions evolve and adapt more quickly."

The Canadian Police College provides advanced and specialized training and executive development to law enforcement officers from all jurisdictions to help them combat crime and increase Canadians' safety. DANIEL HENDRIKSEN

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Beedie appoints new professor

DANIEL HENDRIKSEN
For Metro

Prof. Eric Gedajlovic will serve as professor for strategy and entrepreneurship. CONTRIBUTED

The Beedie School of Business at Simon Fraser University (SFU) has formed a new professorship for strategy and entrepreneurship.

Prof. Eric Gedajlovic will serve in the role that focuses on a scholarship that is relevant to business strategy and entrepreneurship at both global and local levels, as well as outreach activities that disseminate academic research.

Gedajlovic has put together some impressive research that has been featured in graduate and undergraduate level textbooks in the fields of strategic management and industrial economics. His work has been quoted by colleagues working in the fields of strategy, organizational theory, entrepreneurship, international business, and family business, as well as industrial economics and sociology.

"Our increasingly multipolar, interconnected and turbulent world presents managers and entrepreneurs with momentous challenges and opportunities," Gedajlovic said in a press release.

"In my role, my teaching and research will revolve around helping people and organizations meet these challenges, and also identify and act upon opportunities that create value for themselves and their communities."

With his scholarship, Gedajlovic hopes to find better explanations of strategic and entrepreneurial processes by considering the institutional, historical and organizational contexts in which they are embedded.

"Eric is an outstanding scholar whose work reflects our strategic research themes as a business school, especially the realms of entrepreneurship, innovation and global business," said Daniel Shapiro, dean of the Beedie School of Business.

"As a teacher, he has shown a proclivity for classroom creativity and I am delighted that Eric will serve in this role, one that is a testament to his impressive track record of research and academic impact."

Gedajlovic is serving as co-chair of the Academy of International Business Annual Meeting in Vancouver next summer. The event is one of the world's largest gatherings of scholars devoted to international business, drawing more than 1,000 attendees.

DANIEL HENDRIKSEN

UBC proposes plan for future of athletics

The University of British Columbia (UBC) department of athletics is putting forth a framework that will map out the organization's future. The goal of the plan is to build an infrastructure for excellence at the elite levels, and broaden opportunities for competitive sports.

To find out what the UBC community feels sports excellence should look like, an advisory group will gather feedback from alumni, student athletes, coaching staff and other community members as the first part of a four-stage review process.

"We are announcing the identification of the draft criteria that we feel will help define our programs," Ashley Howard, managing director of UBC Athletics, said in a media release. "This is part of a broad conversation with our community about a vision for achieving further excellence. We welcome feedback on these recommended indicators, weighting and measures."

UBC commenced the sports review process in September when it surveyed alumni, athletes, coaches and key members of the community. UBC received 500 responses to the survey, which was followed by meetings with stakeholder groups ranging from coaches, the AMS council, student/student athlete forums, the Thunderbird Athlete Council, the Thunderbird Council for the alumni, and UBC administration.

The advisory group made up of representatives from Thunderbird Council, varsity athletes, coaches and UBC administration evaluated the survey results and will now conduct feedback using the proposed criteria, weights and measures.

For more information, visit www.athletics.ubc.ca/sport-review.

DANIEL HENDRIKSEN

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Maintaining a healthy school/work balance

It's not uncommon for those going to school to also have a part-time or full-time job. A post-secondary education is expensive, and many people do not have the money saved up to pay for it.

So, what do you do?

The answer: Balance school and work. For those students who are trying to find the right balance between the two, here are some tips which may help so you can earn a degree as well as a living.

Be organized. Find the method that is right for you. Write everything down in a planner, keep files and schoolwork together in an organized manner, which will help you to remember where everything is place, put reminders in your phone for the tests, deadlines, and work schedule.

Manage stress. One way to manage stress is to focus on one thing at a time instead of trying to do everything at once. By giving yourself one target goal at a time, it makes it seem less scary and, thus, easier to accomplish. Another way to help with stress is to eat right and exercise daily.

By earning a degree, you are giving yourself more of an opportunity than you may have had without it. COLOURBOX

Talk with your professors and employers. Your professors may not understand your work schedule and your employer may not realize how much schoolwork you have. By communicating with these people and explaining to them what is going on in your life, it may help them to achieve an understanding of your hectic schedule.

Don't try to do everything by yourself. One helpful way to balance school and work is to develop some sort of support system. This may include family members, friends, mentors, and classmates. By having a support system, it allows you to talk about things that shouldn't be pent up inside, as well as help alleviate the stresses both school and work can bring on.

Know it is all worth It. By earning a degree, you are giving yourself more of an opportunity than you may have had without it. You may be able to pursue a career you find meaningful and can support you and your future family. By working while going to school, you are building financial support now and in the long run. It is important to look for the light at the end of the tunnel and know that your efforts will be worth it.

METRO NEWS SERVICES

Support system

"One helpful way to balance school and work is to develop some sort of support system. This may include family members, friends, mentors, and classmates."

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NHL

Panthers-Canucks a hot ticket with Thomas in town

When Tim Thomas walked into Rogers Arena for the first time since the 2011 Stanley Cup final, the veteran goalie wasn't thinking about the Boston Bruins' Game 7 victory over the Vancouver Canucks.

What crossed his mind was how much pain he was in that night.

"I had some skates that playoffs that were just killing my feet so bad," Thomas said with a smile after practice Monday. "You should be able to want to celebrate, but all I could think of was, 'I've got to get these skates off.'"

After deciding to take a year off from the game last season, Thomas is back in the NHL with the Florida Panthers, who visit the Canucks on Tuesday night.

He agreed it was a risk to take a year off, but that it was something he had to do.

"I might not have had the drive to play to the level I wanted to," said Thomas. "It probably would have been a bad situation if I continued to play." THE CANADIAN PRESS

Tim Thomas is 4-6-0 with a 2.87 goals-against average and a .908 save percentage with the Panthers. THE ASSOCIATED PRESS

Canucks head coach John Tortorella gestures from the bench behind forward Chris Higgins during Sunday's 2-1 loss to the Dallas Stars.
JONATHAN HAYWARD/THE CANADIAN PRESS

Punchless Canucks preaching calm

NHL. After managing just four goals total in four straight losses, Higgins still confident that 'goals will come'

CAM TUCKER
cam.tucker@metronews.ca

The search for answers about how to end their recent scoring slump continued for the Vancouver Canucks on Monday.

The team returned to practice — a roughly 25-minute skate — after losing 2-1 to the Dallas Stars on Sunday night, despite outshooting the opposition from Texas 43-23.

That's the fourth consecutive game in which the Canucks managed only a single goal.

"I don't think anybody's frustrated. We're getting the chances. We've just got to stay positive and move on," said forward Ryan Kesler.

"Time of possession (in) the offensive end, lots of shots on net — you put those two things together, the goals will come. We know that," added Chris Higgins.

The Canucks, as a result of their recent slide, now sit fifth in the Pacific Division and three points out of the top eight in an ultra competitive Western Conference.

"There's no concern here but we know we need points because we're losing ground," said Henrik Sedin.

Luckily for the Canucks, the Florida Panthers are in town Tuesday night at Rogers Arena.

Aside from sitting seventh in the Atlantic Division with a 5-12-4 record, the Panthers sit 28th in the NHL in goals against, allowing on average 3.19 goals per game. On paper, it's the perfect tonic to cure what's causing the Canucks' current inability to score.

Here comes the "yeah, but …"

Panthers' goalie Tim Thomas is back in Vancouver, where he backstopped the Boston Bruins to a Stanley Cup in 2011 and was named the Conn Smythe Trophy winner as playoff MVP.

That was a long time ago. But Thomas' on-ice reputation hasn't been forgotten.

"He's just competitive, doesn't give up on anything," said Higgins.

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Baseball

Canadians appoint JC Fraser new GM

The Vancouver Canadians on Monday named JC Fraser as the organization's new general manager.

Fraser has been a member of the Canadians' minor league baseball organization — the short-season Single A affiliate of the Toronto Blue Jays — since 2007.

"JC has proven to be a leader within our organization for the past several years and we know that his skills are a strong fit for this expanded role. He's from Vancouver and his ties and commitment to our community have already made a strong impression on our organization," said Canadians president Andy Dunn in a statement.

Fraser replaces Jason Takefman, who has taken a job with UFC Canada.

METRO

Sochi 2014

Russia's sports minister says gay law was mistake

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying: "Perhaps the state authorities should have waited a little.... It was possible to calculate how much resonance it would cause in the West."

The law passed in June bans distributing so-called propaganda of non-traditional sexual relationships to minors.

THE ASSOCIATED PRESS

NHL

Monahan lifts Flames past Jets

Sean Monahan scored the winner in the eighth round of a shootout Monday to give Calgary a 5-4 win over the Winnipeg Jets and end the Flames' six-game winless skid.

Juri Hudler had given Calgary a 4-3 lead with less than four minutes left in the game, but the Jets didn't let up and Bryan Little tied it 4-4 with six seconds left.

THE ASSOCIATED PRESS

Panthers hang on to beat Pats

NFL. Carolina QB Cam Newton throws late TD strike for 24-20 win over New England

Carolina quarterback Cam Newton looks to pass during Monday night NFL action against New England. STREETER LEECKA/GETTY IMAGES

Cam Newton threw a 25-yard touchdown pass to Ted Ginn Jr. with 59 seconds left and the Carolina Panthers held off the New England Patriots 24-20 Monday night for their sixth straight victory when officials picked up a penalty flag on the final play.

Stephen Gostkowski's 26-yard field goal put the Patriots up 20-17 before Newton drove Carolina 83 yards on 13 plays for the go-ahead touchdown. The speedy Ginn escaped Kyle Arrington along the left sideline and outraced Logan Ryan to the left pylon for his third touchdown of the season.

The Patriots appeared on the verge of making an improbable comeback when Brady moved New England to the Carolina 18 and fired into the end zone on the game's final play.

The pass was intercepted by safety Robert Lester, but officials threw a flag after it appeared linebacker Luke Kuechly had interfered with tight end Rob Gronkowski by grabbing him with both hands. But officials quickly gathered together and waved off the flag.

An angry Brady sprinted over to two officials to argue the call as they walked off the field. Meanwhile, the Panthers celebrated.

Brady was 29 of 40 for 296 yards and one touchdown.

Newton completed 19 of 28 passes for 209 yards and three touchdowns. He also ran seven times for 62 yards in what will go down as one of his best games a pro.

After the game, Panthers coach Ron Rivera called it a "gutsy effort."

"It wasn't our best defensive effort, but it was one of our better offensive efforts," Rivera said. "It was good for our guys to win a game like this."

Carolina's win came eight days after a 10-9 victory over reigning NFC champion San Francisco. THE ASSOCIATED PRESS

Blazers win 7th in a row

Trail Blazers shooting guard Wesley Matthews fends off Brooklyn Nets small forward Paul Pierce to score a layup on Monday at Barclays Center in Brooklyn. LaMarcus Aldridge put in 27 points and Matthews added 24 in Portland's 108-98 victory. KATHY WILLENS/THE ASSOCIATED PRESS

MMA. Smiling GSP feeling better, thanks well-wishers for support

Georges St-Pierre celebrates Saturday night's win at UFC 167. THE ASSOCIATED PRESS

Georges St-Pierre was all smiles Monday in the wake of his controversial decision win over Johny Hendricks at UFC 167.

The UFC welterweight champion tweeted a picture of himself in his Las Vegas hotel with four friends including his mentor, former fighter Kristof Midoux.

"Good morning from Vegas. Feeling much better now! Merci a tous pour votre support incroyable!!!," St-Pierre tweeted.

The 32-year-old from Montreal is wearing a big grin and dark glasses to conceal facial damage in the picture.

St-Pierre (25-2) took a beating in winning a split (48-47, 47-48, 48-47) decision Saturday over Hendricks that drew criticism from Dana White. The UFC president said GSP won only the third round and called for the Nevada governor to investigate the Nevada State Athletic Commission, which oversees the sport.

After the fight, St-Pierre said he needed to take time away from the sport to deal with some personal issues which he did not detail. The commission, meanwhile, released purse information for the show Monday.

St-Pierre received a basic purse of $400,000 US while Hendricks got $50,000, missing out on a matching win bonus.

The UFC awarded both fighters an additional $50,000 as a fight-of-the-night bonus.

The purse information only tells part of the financial story, however, since the UFC does not reveal all of its pay figures. St-Pierre's paycheque would be in the millions given he is the UFC's largest draw and gets a cut of the lucrative pay-per-view revenue.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	20	13	6	1	57	37	27
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	20	10	10	0	42	50	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Monday's results
Boston 4 Carolina 1
Pittsburgh 3 Anaheim 1
Calgary 5 Winnipeg 4 (SO)
Sunday's results
Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1
Tuesday's games
All Times Eastern
St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.
Ottawa at Philadelphia, 7 p.m.
Nashville at Detroit, 7:30 p.m.
Minnesota at Montreal, 7:30 p.m.
Boston at NY Rangers, 7:30 p.m.
Chicago at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Florida at Vancouver, 10 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.
Wednesday's games
Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday, November 23
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

101ST GREY CUP

Sunday, Nov. 24 — All Times Eastern
Hamilton vs. Saskatchewan, 6 p.m.

NFL

Monday's result
Carolina 24 New England 20
Sunday's results
Chicago 23 Baltimore 20
Arizona 27 Jacksonville 14
Pittsburgh 37 Detroit 27
Oakland 28 Houston 23
Buffalo 37 N.Y. Jets 14
Cincinnati 41 Cleveland 20
Philadelphia 24 Washington 16
Tampa Bay 41 Atlanta 28
Miami 20 San Diego 16
New Orleans 23 San Francisco 20
N.Y. Giants 27 Green Bay 13
Seattle 41 Minnesota 20
Denver 27 Kansas City 17
Thursday, November 21
All Times Eastern
New Orleans at Atlanta, 8:25 p.m.
Sunday, November 24
Carolina at Miami, 1 p.m.
N.Y. Jets at Baltimore, 1 p.m.
Tampa Bay at Detroit, 1 p.m.
Chicago at St. Louis, 1 p.m.
Pittsburgh at Cleveland, 1 p.m.
Jacksonville at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Minnesota at Green Bay, 1 p.m.
Indianapolis at Arizona, 4:05 p.m.
Tennessee at Oakland, 4:05 p.m.
Dallas at N.Y. Giants, 4:25 p.m.
Denver at New England, 8:30 p.m.
Monday, November 25
San Francisco at Washington, 8:40 p.m.

NBA

Monday's results
Portland 108 Brooklyn 98
Chicago 86 Charlotte 81
Oklahoma City 115 Denver 113
Dallas 97 Philadelphia 94
Golden State 98 Utah 87
Memphis at L.A. Clippers
Sunday's results
Portland 118 Toronto 110
Memphis 97 Sacramento 86
L.A. Lakers 114 Detroit 99
Tuesday's games
Minnesota at Washington, 7 p.m.
New York at Detroit, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Boston at Houston, 8 p.m.
Phoenix at Sacramento, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

♉ Taurus
April 21 - May 21
You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

♊ Gemini
May 22 - June 21
You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

♋ Cancer
June 22 - July 23
Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

♌ Leo
July 24 - Aug. 23
You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

♍ Virgo
Aug. 24 - Sept. 23
Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

♎ Libra
Sept. 24 - Oct. 23
Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

♐ Sagittarius
Nov. 23 - Dec. 21
Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

♑ Capricorn
Dec. 22 - Jan. 20
If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

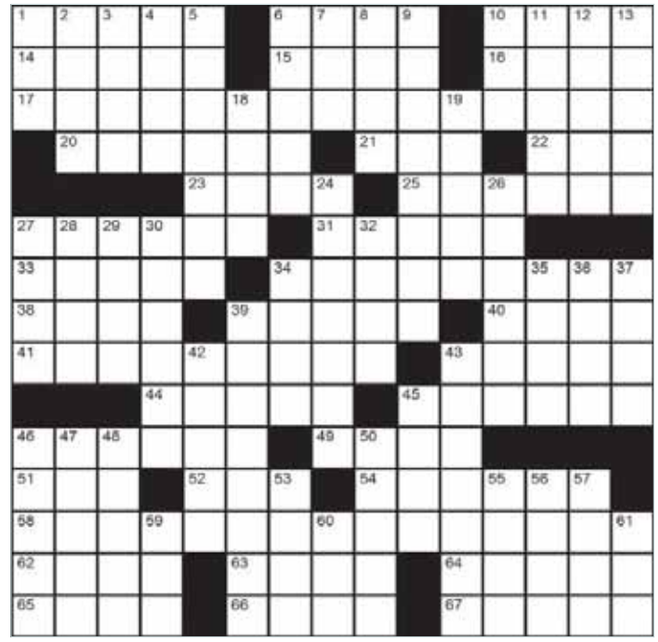
♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

♓ Pisces
Feb. 20 - March 20
It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

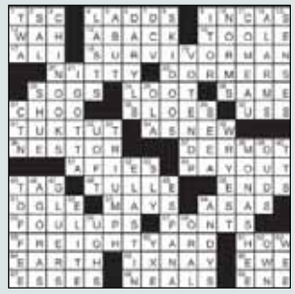
BY KELLY ANN BUCHANAN



Across
1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear
46. Community in southern Ontario north of Waterloo
49. Friends of '-Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.
62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __ ...that's where you've got it wrong..."

Down
1. They, in Tadoussac
2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just _ __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "__ Sue"
18. Even
19. Some computers
24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __-__
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	2					7		8
	4	9	6				3	2
3			5	2			9	
			9		3	8	6	
		3		6		2		
	6	4	1		2			
	3			9	7			4
4	5				6	9	2	
7		2					1	3

Yesterday's Sudoku

1	8	2	5	4	6	7	3	9
9	5	6	1	3	7	2	8	4
4	7	3	9	2	8	1	5	6
7	4	5	6	8	3	9	1	2
2	1	8	4	9	5	3	6	7
3	6	9	2	7	1	8	4	5
8	9	1	7	5	4	6	2	3
6	2	4	3	1	9	5	7	8
5	3	7	8	6	2	4	9	1

Today
5°/-1°
Sunny

Wednesday
4°/0°
Sunny

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Check the 14 day trend.
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